Louisville Recreation Center Aquatics Program Pool

LANES	MONDAY 1 2 3 4	TUESDAY 1 2 3 4	WEDNESDAY 1 2 3 4	THURSDAY 1 2 3 4	FRIDAY 1 2 3 4	SATURDAY 1 2 3 4	SUNDAY 1 2 3 4	LANES
5:45 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			5:45 AM
6:00 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			6:00 AM
7:00 AM	LAP SWIM	LAP SWIM	WATER MAT YOGA 7:00-8:00am	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	7:00 AM
8:00 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	SWIM LESSONS	LAP SWIM	8:00 AM
9:00 AM	AQUA FITNESS	LAP SWIM	LAP SWIM	LAP SWIM	OPEN SWIM	SWIM LESSONS	LEARN TO SCUBA & SNORKEL	9:00 AM
10:00 AM	SWIM LESSONS	LAP SWIM	SWIM LESSONS	LAP SWIM	AQUA FLEX 10:30-11:30		4/7/19	10:00 AM
11:00 AM		FLUID RUNNING	Adv. Flu. Run	FLUID RUNNING				11:00 AM
12:00 PM	DEEP AEROBICS	WATER MAT YOGA 12:15-1:15pm	DEEP AEROBICS	WATER MAT YOGA 12:15-1:15 pm	DEEP AEROBICS			12:00 PM
1:00 PM						L A P S W I M	L A P S W I M	1:00 PM
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	2:00 PM
3:00 PM								3:00 PM
4:00 PM	MINI'S		MINI'S		MINI'S	WATER MAT YOGA/ FIT 4:30-5:30pm	CARDIO DEEP Log Shallow	4:00 PM
5:00 PM		SWIM LESSONS 4:00-7:15 pm	CARDIO Shallow	SWIM LESSONS 4:00-7:15pm	TONE & FLEX DEEP Log Shallow	Close 5:45	Close 5:45	5:00 PM
6:00 PM	TONE & FLEX DEEP Log Shallow		TONE & FLEX DEEP Log Shallow		Close 6:45			6:00 PM
7:00 PM	WATER MAT YOGA/ FIT 7:15-8:15 pm		WATER MAT YOGA/ FIT 7:15-8:15 pm					7:00 PM
8:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM				8:00 PM
9:00 PM	Close 8:45	Close 8:45	Close 8:45	Close 8:45				9:00 PM

KEY

LAP SWIM	
OPEN SWIM	

contact Kate Meyer at 303.335.4927 or katem@louisvilleco.gov

"Rec Programs" indicates there is **no availability** for leisure or lap

900 W Via Appia Louisville, Colorado 80027 . 303 666 7400 . louisvillerecreation.com

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